Project Concept – Fitness Logger

At a high level, our web app will be a fitness log where users can create and maintain their own personal accounts to carefully record their workout data and track their progress over time. Many fitness apps exist, but they almost always restrict the functionalities/features unless the user pays for an upgraded account. We hope to create a functional and robust app that will satisfy the general need to track workout data, while also providing an aesthetic and user-friendly interface. There are three main functionalities:

1. **Users will be able to create, edit, and delete routines.** A routine will consist of a list of exercises in a specific order. Editing a routine involves adding, deleting, and re-ordering different exercises; users can search from a pre-defined list of exercises, or create their own. Users can also set a specific weight and/or number of repetitions/sets for each exercise within the routine. Users can then save the routine to their personal list of routines, and access it in the future to perform an actual workout session (see Functionality #2). The purpose behind this functionality is saving users the hassle of punching in all of their exercises every time they workout (since workout routines are generally repeated).
2. **Users will be able to start and record workout sessions and dynamically add/delete exercises as they go.** The session can be based on a previously created routine, or it may be an empty routine. Workout sessions will have a timer for the overall session, as well as individual timers for each exercise. Users can record sets, repetitions, and weight completed for each exercise as they progress through the session. Once they are finished, they can end and record the session, where it will be logged and accessible in the future. The purpose behind this functionality is allowing users to record their workout data so they can track their progress over time. It is important that they can add/delete exercises during the workout session for maximum customizability.
3. **Users can share workout routines that they have created with other users.** Users can take a routine that they have created and send the routine to another user via their unique username. The routine will then automatically be added to the recipient’s list of routines. The purpose behind this functionality is to enable users to collaborate with other users in regard to their workout routines and exercises.

In terms of logic, Functionalities #1 and 2 are heavily involved on the client-side. Users have to enter exercises and data, as well as search/filter different exercises when they are creating a routine. In terms of the server-side logic, when routines and completed workout sessions are saved, they are stored in a database in fields specific to the user. Users can access and update their saved data at any time. Since users will have their own account with data specific to them, the app will support multiple users that do not interfere with one another (other than intentionally sharing workout routines with other users). Additionally, the data will be persistent so that users can access previously created routines and workout sessions.